

# Indiana Nutrition Newsletter

## Keeping Schools 'IN' the Know

Issue 2012-2

Spring 2012

### In this issue:

Martinsville Creation Station	1
Employee Appreciation Day	2
Gardening Takes Root	2
Director's Corner	3
Meet Our Staff	3
Notes From ISNA	4
Try This! Marketing	4
Food Distribution	5
Team Nutrition	5
SNP Due Dates	5
Lugar Award	6
Memos	6

If you know of a nutrition-related or Food Service success story, please click [here](#).

## Creativity at Martinsville



The foodservice team at MSD of Martinsville recently sent a letter home to the parents of Center-ton and Poston Road Elementary students. The letter announced a new program that the cafeteria is testing called "Fill Your Cup."

The program is designed to encourage students to choose more fruits and vegetables. They installed a "Creation Station." The station holds 4 to 6 different fruit and vegetable choices daily. The kids are given a two compartment container and instructed to "fill their cup" with any or all of the choices offered.

The items range from fresh, frozen, and canned varieties and are offered on a cycle menu. Friday's

menu is open to utilize any leftover produce. One day of their cycle menu includes chilled peaches, fresh pea pods, apple wedges, baby carrots, dried cherries and celery sticks. Another day features pears, apple sauce, black beans, salsa, and cilantro.

The program started in April in two Martinsville Elementary schools and according to Kurt Bodell, Foodservice Director at MSD of Martinsville, it has been well received by everyone.

Bodell said, "As a department, we are worried about impacting our student's day in a negative way when we require them to take the Fruit or Vegetable each day." Through brainstorming, they come up with ways to turn the requirement into a positive experience for the kids, with a "Creation Station."

Because the station is located past the cash registers, they received permission from the IDOE to assign a staff member to monitor the station each day. The monitor makes sure kids take a large enough portion of fruit and vegetables to credit towards a reimbursable meal. So far, they have not had a problem with kids taking the minimum creditable amount.

Bodell has noticed that paper trash has increased by 30% at each school. (Cont. pg. 3)



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## IDOE Employee Appreciation Day

Indiana Department of Education Employee Appreciation Day was a first time event organized by the Division of School and Community Nutrition. The employee appreciation day was broken up into two sessions. The first session was a free health screening which consisted of cholesterol, blood sugar, and blood pressure testing. Two registered nurses from the Indiana Department of Education performed the health screening.

The second part of the day was dedicated to providing employees the op-

portunity to sit in on a demonstration about My Fitness Pal, which is one of the top rated free weight management applica-

tions listed in the *Food & Nutrition* magazine sponsored by the Academy of Nutrition and Dietetics.



The event received great feedback from the staff. Many employees expressed they were pleased with the activities planned for the day.

Not only was the event used to show the staff gratitude for all the work they do, but it was also an effective way to promote a healthy lifestyle to the all employees at the Indiana Department of Education.

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## Community Garden Takes Root

A new project taking root at Cleveland Elementary School will benefit students as well as the Elkhart community. Earlier this month, members of the Green Council, which is comprised of students interested in both school government and the environment, planted the Cleveland Community Garden.

The project is teaching the students about the growing process, healthy nutrition, and community service. When the garden is ready for harvesting, the council will open it up to the Cleveland community to help provide healthy food for area tables.

Cleveland's Student Council traditionally organizes school events, such as the annual fundraiser for the school's sister school in Golgotha, Tanzania. The council recently raised more than \$500 to purchase desks so the Golgotha students wouldn't have to sit on the floor.

But this crop of council members also has an environmental slant. The council has been very involved in recycling and cleaning up the school campus, explained Kay Hanft, the school's music teacher and one of two advisors of the Green Council. The council is co-chaired by Bridgette McKay, a first grade teacher.

"The students had been taking notice of the school's focus on serving healthier foods in the cafeteria and even in the classroom through the district's Fresh Fruits and Vegetables Program," McKay said. "That got them thinking about how fruits and vegetables are grown and if their classmates were taking advantage of the healthy benefits these foods provide."

"We decided to plant some fruits and vegetables to give to the community," chipped in Green Council member Mariana Villaseñor. "We want to make sure kids are getting these foods at home."

McKay, an avid gardener, began teaching the students about the planting process. The students then gave up a free Saturday morning to plant strawberries, cucumbers, and watermelons.

"At first, we didn't know what to plant," said Mya Reeves. "Mrs. McKay taught us which plants grow best in planter boxes. We each made a list of possible fruits and vegetables. Then we voted for our favorites."

While the hardy strawberry plants were sowed into the newly constructed planter boxes in front of the school, the students planted the cucumbers and watermelon seeds in plant pots. They will be replanted into the outside boxes when the weather turns warmer and the current frost threats are over.



Council members will share the fruits of their labor when the fruits begin ripening this summer. "We plan to open up the garden to the Cleveland community," said sixth grader Brennen Blazier. "We want families in the community to come and pick the food they need."

Brennen added the council will erect a sign in front of the school when the fruit is ready for picking to let the public know the garden is open. "We hope this become a yearly project," Brennen said. "New fruits and vegetables will be added each year."

Construction of the project was funded by a donation of lumber from Lowe's, an Innovative Educator Grant from Teachers Credit Union, and Mrs. McKay's husband's time to build the six large planter boxes.

McKay was taught gardening by her father when she was a child and has had a garden every year since she moved into her own home. She views the garden as a learning experience for the students.

"We're hoping to foster student interest in gardening in the students that will keep them growing their own food when they get older," McKay stated. "We also want them to share what they're learning with their classmates. The whole idea behind the community garden is to spread our knowledge and interest in gardening to the greater community."



## Creativity in Martinsville

(Cont. from pg. 1) Food waste is higher too, they have noticed about 25% of the purchased items end up in the trash.

They plan to reduce the waste by switching to a smaller container next year. Currently the container is 11 ounces with a 7 ounce side compartment. They also might implement limits on the maximum amount of fruits and vegetables students can take. This would help ensure kids only take the amount they can eat.

Bodell says he spends around \$150 to \$250 more each week per school on fruits and vegetables. He is not too worried because his school lunch program has a pretty strong cash balance

and he keeps his food costs low, between 35-40%. He believes these extra efforts are worth the expense because he wants each

He is also hearing many positive stories from the managers about the students trying new things. His biggest surprise was hearing

about the popularity of cold baked beans.

Both schools have doubled their usage when they are served.



Because of the success of the Creation Station at the two elementary schools, Kurt and his foodservice team are looking for ways to enhance the design in order to implement the system into every school. They are currently

developing plans to add the station into each serving line before the cash registers next year.

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### Director's Corner

I have been getting a lot of questions recently about how schools can get the extra \$.06 beginning October 1, 2012. You can apply to the State Agency beginning July 1, 2012. There are two options in applying for the certification necessary to receive the extra \$.06 reimbursement.

#### Option 1 – Submit for all schools in the Corporation:

- One week of menus for each menu type offered
- Detailed menu worksheets for each menu type – supplied by USDA, released June 1, 2012
- Nutrient Analysis of calories and saturated fat using approved software

#### Option 2 – Submit for all schools in the Corporation:

- One week of menus for each menu type offered
- Detailed menu worksheets for each menu type – supplied by USDA, released June 1, 2012
- Simplified Nutrient Analysis Assessment of calories and saturated fat for each menu type – supplied by USDA, released June 1, 2012

It is not required that you apply for the extra \$.06 Certification, and it can be done at any time during school year 2012/2013. If you do not apply during 2012/2013 the state agency will do an assessment during a review in school year 2013/2014.

The State Agency will conduct validation reviews on at least 25% of the Certification packets they receive to confirm that the information submitted reflects the actual meal service in the schools.

We will provide additional information and training this summer.

### Meet Our Staff

Melissa Corum is originally from Illinois. She received her Nutrition and Dietetics degree from Illinois State University in 2004. Shortly after she married her husband, Dan, she moved to Tallahassee Florida and began interning at the Florida Department of Education.

Once completing her dietetic internship, Melissa became a registered dietitian in 2005. The state immediately hired her to work with the Florida Child Nutrition Programs where she stayed until August 2011 when her family moved to Indianapolis to be closer to her extended family.

At that time Melissa started working for the Indiana Department of Education in School and Community Nutrition as a field consultant covering 12 counties in the northeast area of the state.



Melissa and her husband have a four-year-old son and everyone is getting well acquainted with the Indianapolis area. In her spare time Melissa enjoys playing with her son, cooking, reading, and traveling to

see family and friends in Illinois.

## Indianapolis Workshops

The Indiana Department of Education is hosting New Meal Pattern Training Workshops in Indianapolis and around Indiana through the entire month of June.

The workshops will allow Food Service Directors and Cafeteria Managers the opportunity to ask questions about any topic regarding the new meal pattern. The workshop builds upon the New Meal Pattern Webinars that were offered the end of April and beginning of May. If you were not able to attend the webinar, click [here](#) to view it now.

Indiana School Nutrition Association (ISNA) has teamed up with the IDOE at the Indianapolis Workshops to provide information about joining along with complimentary coffee during the sessions.

Registration is required to attend the workshops. Click [here](#) to email Sarah Kenworthy to request more information for Indianapolis workshops. If Indianapolis is too far to commute, contact your field consultant to see when and where their workshops will be held.

## Try This! Marketing

Noblesville School District has implemented interesting techniques to spice up the way they package and present food choices on their lunch lines.

Noble Crossing Elementary packs cold lunch options in clear, easy to grab bags. There are a couple of bagged lunches students

can choose from. Each packet contains 3 to 4 items. The first has an Uncrustable peanut butter and jelly sandwich, carrot sticks, and a cheese stick. The other bag contains a bagel, yogurt, carrot sticks, and a cheese stick. Most kids



also choose a side of fruit and a carton of milk to go along with their grab bag. There are many benefits to the bagged meals, the grab-bag

looks very enticing, keeps the lunch line clean and since the grab-bag includes enough food components to make a meal, the line generally moves very fast.

The elementary school also adds a variety of color to the lunch line by offering different fresh fruit and vegetables options daily. The cafeteria manager, Terry Perkins, shared that the students often ask for certain fresh fruit and vegetables and she tries to get the items they request. Perkins mentioned that one student asked for fresh whole pears instead of canned pears and Perkins now serves fresh pears



on the lunch line. Perkins mentioned that for the last year and half more fresh fruits and vegetables have been added to the lunch menu and the students (and teachers) really enjoy it.

The kitchen uses various appealing containers to display the fresh pro-

duce. There are clear flat containers that hold 1/2 cup of fruit. The presentation of the clear containers look really nice on the lunch line and they can fit up to 40 fruit servings on one large pan at a time. They also use shallow round white Styrofoam containers that help bright vegetables pop. These containers will be a great asset when the new meal pattern goes into effect. With Offer vs. Serve, one of the guidelines for grades K-5 requires students to take at least a 1/2 cup serving of fruit or vegetables to be considered reimbursable meal which will be no problem for Noble Crossing because they are already using 1/2 cup serving containers.



Overall, Noble Crossing Elementary should have an easy time promoting the new meal pattern changes to their students. As long as they continue to utilize innovative techniques like pre-

packaged grab-bags and enticing serving containers they should expect to maintain a high participation rate.

## Food Distribution Notes

The State Agency thanks you for all the hard work you put in this year preparing and serving healthy, nutritious meals to the children of Indiana. Keep up the great work and have a good summer break.

We wanted you to know the State Agency recently concluded the rebidding process for school year 2013 and a new State commodity distribution warehouse was chosen. If you received this message it means you will be served by the new commodity distribution warehouse: **For school year 2012-2013, Interstate Cold Storage**

**(Ludwig deliveries) will no longer be a commodity servicing warehouse for Regions 1, 3, & 4.**

The newly selected warehouse, McFarling Foods, has been chosen to service Regions 3 and 4 and Dilgard Frozen Foods won the bid for Region 1 and will continue servicing Regions 2 & 5 as before. In order to facilitate a seamless transition, we are asking all Recipient Agencies who are currently served by Interstate Cold Storage (Ludwig deliveries) to have their entire inventory ordered and delivered to their schools by

their last scheduled delivery period in June. **Any commodities still residing in a Recipient Agency's inventory at the time the yearly Physical Inventory Audit is conducted in July will be transferred back to the State Agency inventory.**

Additional information about the McFarling warehouse contact information will be sent later in the summer once the new warehouse is set up to conduct business for the 2012-2013 school year.



## Team Nutrition Notes

### Congratulations to the 2011-2012 Healthy Hoosier School Award Winners!

There were 6 Gold, 75 Silver, 32 Bronze, and 3 Honorable Mentions! Click [HERE](#) for the list of winners.

Winners will be recognized on June 19, 2012, at the Indiana School Health Network Annual Conference. Cash awards, certificates and Report Cards will be presented at this time. To register for the two day conference and view the agenda, click [HERE](#). Members of Indiana Action for Healthy Kids receive a special reduced rate of \$ 20 for both days. Funding is also available for scholarships. Please contact [Lori Gordon](#) for scholarship information and click [HERE](#) for more information about Indiana Action for Healthy Kids (INAFHK). Please direct any questions about INAFHK membership to [Brenda Henry](#).



**HealthierUS School Challenge** – Reminder that the new HealthierUS School Challenge guidelines start July 1, 2012. Schools wanting to be reviewed under the old HealthierUS School Challenge guidelines must submit their applications to the Indiana Department of Education by June 30, 2012.

For further information, please check out the USDA HealthierUS Challenge website - <http://teamnutrition.usda.gov/HealthierUS/index.html>.

## CALENDAR OF SCHOOL NUTRITION PROGRAM REQUIREMENTS

Item or Process	Due Date	Submit to Doe	Retain in File
CNPweb Packet for New Program Year -Sponsor Information Sheet -Site Information Sheet -Other documents starred on packet page	June 1 <sup>st</sup> - School Start	Online/Starred Documents Sent to Office	No
Food Service Management Company Contract/ Vended Meals Contract	June 30 <sup>th</sup>	Signed Copy Sent to Office	Yes
*Direct Certification- 1 <sup>st</sup> Match	2 <sup>nd</sup> Week of July-School Start	No	Yes
*Parent Letter/Free and Reduced Application -To all households not directly certified	After Direct Certification-School Start	No	Yes
Food Distribution Program Re-Certification for New Program Year -Green Puzzle Piece on CNPweb	August	Online	No

\*Residential Child Care Institutions (RCCIs) do not need to complete these items if they do not approve free and reduced-price meal applications.

\*\*Single school sites or single RCCI sites do not need to complete this item.



## Lugar Award

The Indiana Department of Education, in coordination with Senator Richard G. Lugar and the Indiana Farm Bureau, presented the *School Food Service Employee of the Year Award* at the Indiana School Nutrition Association's Spring Training Seminar on Saturday, May 5, 2012. This award recognizes school food service employees who contribute significantly to the health and learning capabilities of students.

Congratulations to Martha Morvilius, this year's award recipient from Wapahani High School. Martha was nominated by Brenda Layne - Food Service Director for Liberty-Perry Community Schools.

Martha plans a themed lunch once a month, attends work-

shops and food shows, and decorates the cafeteria with special touches. She asks the students for their comments in order to continue to make the meals better and better. Breakfast and lunch participation has increased significantly.



Martha has a special place in her heart for her students. After many years of being the manager at the elementary school, Martha retired. However, she discovered she missed the students too much and returned to work part-time at the high school. A few years after that, she took on her current

position as Cafeteria Manager for Wapahani High School. Martha's knowledge and love of her job is appreciated by everyone, especially the students.

## USDA Memos

### Memos

Code	Date	Title
SP 10-2012	2/23/12	<a href="#">Questions &amp; Answers on the Final Rule, "Nutrition Standards in the NSLP"(Revised)</a>
SP 11-2012	2/3/12	<a href="#">Guidance on the Food Donation Program in Child Nutrition Programs</a>
SP 13-2012	2/10/12	<a href="#">Verification for Cause in the School Meals Programs</a>
SP 14-2012	2/13/12	<a href="#">Procurement Questions Relevant to the Buy American Provision</a>
SP 16-2012	2/22/12	<a href="#">Crediting Tofu and Soy Yogurt Products</a>
SP 17-2012	2/23/12	<a href="#">Procurement Questions and Answers to Assist in the Implementation of the Final Rule</a>
SP 19-2012	2/13/12	<a href="#">Soliciting Bids from Commercial Distributors for End Products</a>
SP 20-2012	2/24/12	<a href="#">Frozen Fruit Products and Nutrition Standards in NSLP and SBP</a>
SP 25-2012	4/10/12	<a href="#">Disaster Response</a>
SP 26-2012	4/17/12	<a href="#">Formulated Grain Fruit Products</a>
SP 28-2012	4/20/12	<a href="#">Child Nutrition Reauthorization 2010: Questions &amp; Answers on the Paid Lunch Price Report</a>
SP 30-2012	4/26/12	<a href="#">Grain Requirements for the NSLP and SBP</a>
SP 31-2012	4/27/12	<a href="#">Child Nutrition Reauthorization 2010: Questions &amp; Answers Related to Certification of Compliance with Meal Requirements for the NSLP</a>

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<http://www.doe.in.gov/student-services/>



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 -Dr. Tony Bennett, State Superintendent of Public Instruction.